

# *Living Well* Eating Smart®

Healthy nutrition and lifestyle information for a better you.



## *Question:*

**Do you have any tips for feeding my 3-year-old picky eater?**



## *Answer:*

It's not uncommon for children to go through stages of picky eating. One day they may like broccoli, while the next it repulses them. Don't give up on picky eaters, though. Continue introducing them to a variety of foods so their list of likes becomes longer.

*(continued on page 2)*



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*Spring Cleaning Home & Health. See how on page 8.*



### **Have a nutrition question? Ask Carrie by:**



Sending e-mails to  
[askcarrie@bigy.com](mailto:askcarrie@bigy.com)



Visiting BigY.com's  
*Living Well Eating  
Smart* webpage and  
posting a question.



Writing to Ask Carrie  
2145 Roosevelt Ave.  
PO Box 7840  
Springfield, MA 01102

### **Ask Carrie** *(continued from cover)*

Debunking picky eating takes time. It can take up to 20 attempts of eating a new food for a child to like it. So, sit back and relax. Picky eating needs to be addressed slowly, not overnight!

Nutritionally speaking, picky eating will not become an issue unless a child's growth and development becomes impaired. Always have your pediatrician verify that this is not the case.

The best way to build a healthy relationship with food is by not bringing attention to picky eating. Rather than showing disappointment or frustration with your child who chooses not to eat the food you offer, have solace in knowing they are not responsible for what his or her taste buds can tolerate. The best method for teaching a picky eater to be more adventurous with food is to lead by example without alluding to the fact that you are doing so. Offer and eat a variety of foods yourself, and your son or daughter will learn to do the same.



Remember the most important rule when teaching your child about food: We all have to try each of the foods we are offered, even if we have not liked it before. If your child finds that he or she does not like a particular food, do not force them to eat it. Reassure them that it is okay not to like it, and use rewards (without food) for being adventurous and trying. Do teach your child that it's inappropriate to dramatize his or her opinion of a food. Acting out could make others who like the food (siblings, classmates) feel embarrassed.

If children are involved in the selection and preparation of food, they are more inclined to try it. A good practice is to have your child test new foods with the five senses — look at it, feel it, listen to it (i.e.: Does it make a noise when snapped in half?), smell it and taste it. This helps take wonder and fear out of new foods. Outside of mealtime, offer new fruits and vegetables in two different forms — raw and cooked. Compare the two versions with their five senses. This science experiment will allow him or her to decide which food and which form they like best. You just might find texture and presentation to be the difference between your child loving a food and rejecting it.

Being a parent of a picky eater can feel frustrating and overwhelming at times. Have faith. As long as you set the best example you can by offering healthy choices and having them actively involved, you are creating a foundation of positive food relationships and healthful eating for your child to build on.

*Disclaimer: The food and nutrition advice in this newsletter is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietitian for further information specific to your needs.*

# Time for Children's Health

Give them the foods they want *and* need.

*Worried the foods your children like may not be the best for them? Don't be. Labeling foods as "good" or "bad" will only lead to troubled food relationships in the future. Instead, stock your kitchen with nutritious, kid-friendly, parent-approved options so you can rest assure they'll be healthy and happy. Here are a few of my top picks to get you started:*

## Healthy, Tasty Whole Grains

Just like their parents, children often miss the bus when it comes to eating enough fiber. Now more than ever, parents have whole grain options for their children's favorite foods.

Great for a quick meal, ravioli also tends to get gobbled up in seconds. Now there's a great tasting, low-fat, whole grain option by [www.mamarosies.com](http://www.mamarosies.com) Mama Rosie's®. At Mama Rosie's® "Excellence is Quality," and excellent is exactly what their Low-Fat Cheese Ravioli is. Not only does it have 3.5 grams less saturated fat than traditional mini cheese ravioli, it's made with whole wheat flour, so each serving offers 5 grams of fiber!



## Milk, Their Way

Most of your peak bone mass is finished developing by the time you hit your 20s. Calcium and vitamin D-rich foods, such as milk, are key in the process. They help bones strengthen and grow.



[www.nesquik.com](http://www.nesquik.com)

If getting your children to drink milk is a bit of a struggle, do not hesitate to sweeten up the deal! Many children find the taste of plain milk bitter, so they often need a little persuasion with added flavoring. If there's ever a choice between flavored milk or no milk, choose flavored milk every time — their bones need it! Made with 25% less sugar and additional calcium, Nesquik® original offers more nutrition to each glass of chocolate milk than its syrupy counterparts. If added sugars are a concern, choose Nesquik® No Sugar Added for 2½ teaspoons less sugar with every glass!

## Fun, Crunchy Nutrition to Go

Most children fall short of their fruit and vegetable goals. To help your children meet their needs, include at least one vegetable at each meal and offer fruits and veggies as snacks.



Apples provide vitamin C and soluble fiber. They're naturally sweet and low in calories. If you want your children to choose healthy snacks over treats, make the options fun like Chiquita® Apple Bites.™ Available in individual-sized bags to grab and go, Chiquita® Apple Bites™ are precut red and green apples. They're perfect for crunching on, dipping in low-fat yogurt or natural peanut butter, or wrapping up in a slice of cheese.



[www.getfreshfruit.com](http://www.getfreshfruit.com)

## Veggies & Fruits in a Glass

Juice can sometimes be a hot issue between parents and children.

First, know that juice can be a part of a healthy diet, as long as it is 100% juice and not a "juice drink."

Second, follow The American Academy of Pediatrics' recommended serving sizes — no more than 4 - 6 ounces each day for children ages 1 - 6 years old and no more than 8 - 12 ounces for older children.

Juicy Juice® Harvest Surprise™ blends carrots and fruits together without



[www.juicyjuice.com](http://www.juicyjuice.com)

any added sugar or high fructose corn syrup. Each 8-ounce glass of Harvest Surprise™ offers ⅔ serving of veggies, 1⅓ servings of fruit, 120% of the daily value for vitamin C and 70% of the daily value for vitamin A.





# Heart Month

Do you know which foods are TLC for your heart?



There are a lot of buzz words thrown around when it comes to heart health. Omega-3s, soy and oat bran are just a few. What these items are and the roles they play in preventing heart disease are often lost in translation. Here's the rundown on six important items and what they can do for your heart's health.

## Omega-3s

### What they are:

Omega-3s are unsaturated fats that must be obtained through the foods you eat. They come in three forms: ALA (alpha-linolenic acid), which is from flaxseeds and walnuts, DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid), which can be found in seafood and seaweed. The greatest health benefits from Omega-3s come from DHA and EPA. ALA can form into DHA and EPA, though the process is long and inefficient. Therefore, it's best to obtain DHA and EPA directly from the foods you eat or supplements.

### What their role is:

DHA and EPA are truly the top stars when it comes to omega-3s and heart disease. They help reduce triglyceride level, high blood pressure, plaque buildup in the arteries, risk for stroke, as well as cardiac arrhythmia. They may also help modestly increase HDL ("good") cholesterol and "thinning" of the blood — which is important for preventing blocked arteries.

### Where to get them:

Fish like salmon, albacore tuna and mackerel are direct sources of DHA and EPA. Omega-3s are making their way into non-seafood products, too.

When shopping for items fortified with omega-3s, make sure they provide DHA and EPA like *Italica® Extra Virgin Olive Oil enriched with Omega-3*. Using *Italica® Extra Virgin Olive Oil enriched with Omega-3* in place of traditional olive oil gives you 120 milligrams of DHA and EPA per serving.



[www.italicooliveoil.com](http://www.italicooliveoil.com)

## Sodium

### What is it:

An element that makes up 40% of a salt molecule.

### What its role is:

Some individuals are considered salt sensitive — their blood pressure increases as their intake of salt increases. High blood pressure adds undue force to arteries and work to the heart. Over time, this can cause the heart to fail.

### Shop for:

Fresh, frozen and canned foods that have minimal to no salt added, such as *Del Monte® No Salt Added* canned vegetables. Used as a side dish or as part of a recipe, *Del Monte® No Salt Added* vegetables provide the same vitamins and minerals as their traditional counterparts, but with 350 – 380 milligrams less sodium!



[www.delmonte.com](http://www.delmonte.com)

## EATING SMART

### *fact:* Are canned vegetables Less Nutritious?

No! Although the nutrient composition may vary slightly between fresh and frozen vegetables, eating a balanced, varied diet that includes all forms of vegetables will cancel out any slight differences that occur.

### *Added Sugars*

#### What they are:

Sugar listed in the ingredient list as syrup, honey, sugar, molasses, high-fructose syrup, or anything ending in -ose (i.e.: maltose). In contrast to natural sugars, added sugars are not found in foods naturally. They are added to foods during processing so they taste sweeter.

#### What their role is:

Foods with added sugars tend to provide more calories, more carbohydrates and, often, less nutrients than those with natural sugars. Eating a diet high in added sugars may lead to weight gain and constant spikes in insulin levels. Over time, this could lead to uncontrolled blood sugar or diabetes. Individuals with diabetes have a greater risk of developing heart disease than those who do not.

#### Shop for:

Fresh, frozen and canned foods that have none or minimal sugar added like *Del Monte® Lite* and *No Sugar Added* canned fruit.

As a snack, dessert, or as part of a recipe, *Del Monte® No Sugar Added* and *Lite* syrup fruits provide the same nutrients as their full syrup counterparts, but with 2 – 4 less teaspoons of sugar!



[www.delmonte.com](http://www.delmonte.com)

### *Soy*

#### What it is:

Soybeans look like green beans, but are a type of legume similar to dried beans, lentils and peanuts.

#### What its role is:

Diets low in saturated fat and cholesterol that include 25 grams of soy protein each day may decrease the risk of heart disease by reducing total cholesterol and LDL (“bad”) cholesterol.

#### Where to get it:

Edamame, tofu, tempeh, isolated soy protein (i.e. veggie burgers) and soy “milks” like *Pearl® Soymilk* are all sources of soy. *Pearl® Soymilk* provides a low-fat, cholesterol-free alternative to cow’s milk, with 7 – 8 grams of soy protein per 8-ounce glass. Organic and free of preservatives, it comes in unsweetened, creamy vanilla and chocolate flavors.



[www.pearlsoymilk.com](http://www.pearlsoymilk.com)

### *Oat Bran*

#### What it is:

The protective outer layer of an oat grain.

#### What its role is:

The fiber in oat bran is soluble. Soluble fiber helps decrease blood cholesterol levels by reducing the amount of “bad” cholesterol in the blood.

#### Shop for:

Fruits, vegetables, legumes and grains — including products made with oats such as *Hodgson Mill® Oat Bran Hot Cereal*. Its fine consistency provides a smooth, velvety alternative to traditional hot cereals, and each ¼-cup serving of *Hodgson Mill® Oat Bran Hot Cereal* provides 6 grams of fiber, with half coming from heart-healthy, cholesterol-lowering soluble fiber.



[www.hodgsonmill.com](http://www.hodgsonmill.com)

### *Tea*

#### What it is:

Dried *Camellia sinensis* plant leaves.

#### What its role is:

Varying levels and types of antioxidants, called flavonoids, are found in tea. Flavonoids are thought to impact heart health by reducing cholesterol, LDL cholesterol oxidation, risk for heart attack and increased blood vessel relaxation.



#### Shop for:

All teas — black, oolong, green and white — contain varying levels of flavonoids. If you’re not a tea drinker, start adding at least 1 – 2 cups of *Salada®* into your diet each day. Available in black, green and white tea, *Salada®* also offers decaffeinated versions of black and green.



[www.salada.com](http://www.salada.com)

## EATING SMART RECIPE

### Carrie’s Heavenly Healthful Hot Cereal

**Serving Size:** One bowl **Serves:** 1

#### INGREDIENTS:

- ¼ cup Hodgson Mill® Oat Bran Hot Cereal
- ¼ cup fresh or Big Y® frozen blueberries
- ½ medium banana (washed, peeled and chopped)
- 1 packet of SPLENDA® Brand Sweetener\*
- 1 dash of Big Y® Cinnamon
- ½ cup of unsweetened Pearl® Soymilk

#### DIRECTIONS:

- Step 1:** Mix cereal with fruit, sweetener and cinnamon.
- Step 2:** Add milk to dry ingredients. Mix well.
- Step 3:** Heat in microwave on high for 2 minutes (adjust as needed for your microwave’s strength).

\***Nutrition Tip:** Replace unsweetened Pearl® Soymilk with creamy vanilla Pearl® Soymilk and forgo the packet of SPLENDA®.

**Nutrition facts per serving:** Calories 240, Fat 6 g, Saturated Fat 1.5 g, Monounsaturated Fat 0 g, Cholesterol 0 mg, Sodium 66 mg, Carbohydrates 45 g, Fiber 8 g, Protein 11 g.





# Nutrition Savvy

Think you're a nutrition guru?  
Answer the questions below and find out.

## 2 True or False?

Most adults should be eating at least 2 cups of beans each week.

## 4 True or False?

Whole wheat flour cannot be used in recipes calling for all-purpose flour.

## 3 True or False?

One glass of plum juice provides 3 grams of fiber.

## 1 True or False?

Lycopene in tomatoes is best absorbed from cooked tomatoes that include a small amount of fat.

## 5 True or False?

If you're lactose intolerant, you cannot eat mozzarella string cheese.

## 6 True or False?

You can't get heart healthy omega-3s from yogurt.



## Answer to Question 1 – True

### Why?

As a tomato breaks down during cooking, so do its cells' walls, releasing lycopene. Since lycopene is a fat-soluble phytochemical (plant compound), it is absorbed best when combined with a source of fat like olive oil.

Victoria® All Natural Marinara Sauce is made with 100% imported Italian plum tomatoes, olive oil, fresh onions, garlic, basil, sea salt and spices. Never made with tomato paste or added sugars, you'll immediately taste the difference between Victoria® All Natural Marinara Sauce and its counterparts. In addition to being a delicious topping for pasta, chicken and fish, its olive oil will help in the absorption of lycopene as well.



[www.victoriapacking.com](http://www.victoriapacking.com)

## Answer to Question 2 – False

### Why?

For meal plans between 1,800 – 2,400 calories, it is recommended to eat at least 3 cups of beans over the course of a week. One serving is considered ½ cup whole beans or ¼ cup mashed beans.

Three cups of beans a week equate to only one serving per day. Bush's® assorted canned beans make meeting this goal a cinch. You can add them to a salad, mash them up into hummus, or mix them into your favorite soup. Bush's® kidney, black and cannellini beans are full of fiber, protein, and slow digesting starches. Before enjoying, simply give Bush's® beans a good rinse to remove any salt or sugar added during processing.



[www.bushbeans.com](http://www.bushbeans.com)

## Answer to Question 3 – True

### Why?

Plum juice provides 3 grams of fiber in every 8 ounces. Sunsweet® PlumSmart® is the light, refreshing cousin of prune juice. Made with 100% plum juice, 1 cup of Sunsweet® PlumSmart® not only offers 3 grams of fiber, it contains magnesium, potassium and the daily value for vitamin C. Without changing taste or fiber content, Sunsweet® now offers PlumSmart® Light with 60% less calories and sugar!



[www.plumsmart.net](http://www.plumsmart.net)

## Answer to Question 4 – False

### Why?

For recipes calling for all-purpose flour, simply substitute half with whole wheat flour and add an additional tablespoon of water to maintain moisture.

Home cooks often shy away from using whole wheat flours because of the fear that recipes will become too dense or dry. With King Arthur® Organic White Whole Wheat Flour, there's nothing to fear. Lighter than traditional whole wheat flour, though remaining higher in fiber and nutrients than traditional all-purpose flour, King Arthur® Organic White Whole Wheat Flour can be used in many of the same recipes (cookies,



[www.kingarthurflour.com](http://www.kingarthurflour.com)

muffins, quickbreads and coffee cake) as all-purpose flour. On the other hand, King Arthur® Organic Whole Wheat Flour is made from red spring wheat and works out best in conjunction with a lighter flour like King Arthur® Organic All-Purpose Flour and additional water for moisture.

## Answer to Question 5 – False

### Why?

Sorrento® Plus Lactose Free part skim mozzarella string cheese is now a viable option for individuals with lactose intolerance. How? To break down the lactose naturally occurring in mozzarella, Sorrento® added lactase as an ingredient! A great snack, each stick provides 80 calories and 7 grams of protein. For individuals wanting more calcium and vitamin D, Sorrento® Plus High in Calcium and Vitamin D offers an additional 50 milligrams of calcium and 80 international units (IU) of vitamin D.



[www.sorrentocheese.com](http://www.sorrentocheese.com)

## Answer to Question 6 – False

### Why?

Breyers® Smart! is low-fat, fruit on the bottom yogurt that is enriched with the omega-3 fat DHA. With the addition of life's DHA™ (a vegetarian source of DHA from algae) each 6-ounce serving of Breyers® Smart! All Natural Low-Fat Yogurt enhanced with DHA omega-3 provides 32 milligrams of DHA.

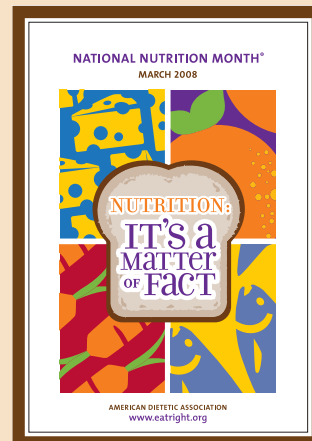


[www.breyersyogurt.com](http://www.breyersyogurt.com)

## National Nutrition Month® “Nutrition: It's a Matter of Fact”

In celebration of National Nutrition Month®, here is the American Dietetic Association's Top Ten Reasons Why a Dietitian Can Benefit You<sup>1</sup>:

1. You have diabetes, cardiovascular problems or high blood pressure.
2. You are thinking of having or have had gastric bypass surgery.
3. You have digestive problems.
4. You're pregnant or trying to get pregnant.
5. You need guidance and confidence for breastfeeding your baby.
6. Your teenager has issues with food and eating healthily.
7. You need to gain or lose weight.
8. You're caring for an aging parent.
9. You want to eat smarter.
10. You want to improve your performance in sports.



Celebrate Your Dietitian!  
March 10th  
is Registered  
Dietitian  
Day!

<sup>1</sup>Source: The American Dietetic Association. Website [www.eatright.org](http://www.eatright.org) accessed December 2, 2007.



# Spring Cleaning Home & Health

Warmer weather  
beckons healthier living  
at home & in life



Both your home and meal plan could probably use a little upkeep right about now, correct? In preparation of spring, clean up both with the tips below:

Eating Smart Tip  
1

## Fill Up with Veggies

Vegetables like Fresh Express® Baby! salad blends are loaded with vitamins, minerals, antioxidants and water. Their water content helps create a sense of fullness from very little calories, which is handy for managing weight. In fact, since 2004, one tip from researchers at Penn State University has been to enjoy a large salad at the beginning of each meal. When study participants ate 3 cups of low-fat salad before meals, researchers found they consumed about 12% less calories than those who did not.



[www.freshexpress.com](http://www.freshexpress.com)

Eating Smart Tip  
2

## Starting Each Day with Breakfast

No matter how many times it is recommended, many people still skip breakfast. Don't let yourself fall into this routine! Eating breakfast helps replenish nutrients and the energy your body needs after a long night's fast. If eating breakfast is new to you, opt for a light cereal like Special K® Original to get your metabolism running. It's low in fat and sugars and provides 11 essential vitamins and minerals.



[www.specialk.com](http://www.specialk.com)

Eating Smart Tip  
3

## Indulge Sensibly

All foods fit into a balanced, varied meal plan. This includes treats! If you like chocolate candy bars, you'll probably love new Special K® Bliss™ chocolate dipped bars in orange and raspberry flavors. With only 90 calories, 2 grams of fat and 9 grams of sugar, Special K® Bliss™ bars have 70 less calories, 2 teaspoons less fat and 6½ teaspoons less sugar than traditional candy bars that do not contain nuts. With savings like this, you just may be able to fit these delicious little indulgences into your meal plan every day.



[www.specialk.com](http://www.specialk.com)

Eating Smart Tip  
4

## Go Low-Fat with Cheese

Still buying high fat cheddar and pepper jack cheese? There's no need to! Cabot® offers an array of delicious 50% and 75% light cheeses that are perfect for both snacking and cooking. Experts in cheese, Cabot® knows low-fat cheese doesn't mean sacrificed taste. Whether you prefer the sharp taste of cheddar or spicy twist of pepper jack, the fat savings of Cabot® Light are yours to reap! In comparison to their traditional counterparts, a one ounce serving of 75% Light Cheddar Cheese has 4½ grams less saturated fat, 50% Light Cheddar Cheese has 4 grams, and 50% Light Pepper Jack has 3 grams. After one bite of these tasty low-fat, calcium-rich sources of protein, you'll never waste your daily fat grams on high fat cheese again!



[www.cabotcheese.com](http://www.cabotcheese.com)

### LIVING WELL

#### Clean House

## tip: Before Spring



[www.lysol.com](http://www.lysol.com)

Keeping your house clean of germs and bacteria is always a must. But nothing gets you ready for a new season like an impromptu house cleaning. So, when you're getting rid of the old and bringing in the new for spring, have Lysol®'s family of products help out. From all-purpose cleaners, sanitizing wipes that kill 99.9% of germs and bathroom cleaners, Lysol® will have your house cleaned from top to bottom!



# Big Game Champions



## Give your playoff celebrations a healthy twist

During the playoffs, party foods tend to leave much to be desired nutritionally. This year, give your guests and your stomach a healthy treat by putting nutritious big game champions into your lineup.

### Homemade Pizza

In lieu of another greasy offering, make a homemade pizza. Start with whole wheat flour dough (see recipe), layer with Casa Visco® Pizza Sauce, top with part skim mozzarella cheese, and add the finishing touches with garlic cloves, fresh spinach and sweet red peppers. It is a guaranteed crowd pleaser.



Unlike most pizza sauces, Casa Visco® Italian Pizza Sauce uses all natural ingredients without added salt or sugar. This means, with every ¼ cup [www.casavisco.com](http://www.casavisco.com) of Casa Visco® Italian Pizza Sauce you use in place of traditional pizza sauce, you'll be saving anywhere from 200 – 300 milligrams of sodium! Not too shabby for such a delicious pizza ingredient.

### Not Your Average Party Chip

Sure you can offer the traditional deep fried potato chips at your party this year, but why not offer a “chip” with nutrients? Flat Earth™ baked fruit and vegetable crisps are trans fat-free and provide a ½ serving of fruits or vegetables [www.impossiblygood.com](http://www.impossiblygood.com) (depending on the flavor) in every ounce. From vegetable Farmland Cheddar and Tangy Tomato Ranch to fruity Apple Cinnamon Grove and Wild Berry Patch, delight guests with the flavors and nutrition punch of Flat Earth.™



### Individual Side Dishes

One thing is for sure at sports parties — everyone eats at their own pace. This can be a little tricky when serving more than your traditional hors d'oeuvres. If you plan on preparing a meal for your guests, the last thing you want to do is have side dishes sitting out for more than two hours. That's a food safety no-no. In place of a large bowl of pasta, rice or potatoes, opt for single servings.

Minute® Ready-to-Serve Brown Rice provides guests with more fiber and much less sodium than traditional rice mixes. Plus, it is conveniently packed in one-cup servings and ready when your guests are!



[www.minuterice.com](http://www.minuterice.com)

### Not Your Average Party Beverage

Parties usually have an abundant supply of soda, but what if your guests are looking for a little more substance? Martinelli's Gold Medal® 100% Apple Juice is the answer. Made with only fresh, handpicked northwest United States apples, each bottle is a mixture of 4 – 5 different types of apples. Never from concentrate, nor with added sugars or preservatives, Martinelli's Gold Medal® 100% Apple Juice is a tasty option alone, as part of a smoothie or with a splash of sparkling water.



[www.martinellis.com](http://www.martinellis.com)



## EATING SMART RECIPE

### Whole Wheat Pizza Crust

Serving Size: 1 slice

Serves: 6

#### INGREDIENTS:

- |   |                                |     |   |
|---|--------------------------------|-----|---|
| 2 | teaspoons active dry yeast     | 1 ¼ | cups King Arthur® Organic all-purpose flour                   |
| 1 | cup warm water (105°F – 115°F) | ¾   | cup King Arthur® Organic whole wheat flour                    |
| 2 | tablespoons Big Y® olive oil   | 2   | tablespoons flaxseed, ground (or 3 tablespoons flaxseed meal) |
| 1 | teaspoon Big Y® salt           | –   | Big Y® cooking spray  |

#### DIRECTIONS:

**Step 1:** In a mixing bowl, dissolve yeast in the warm water. Let stand for 5 minutes.

**Step 2:** Add oil, salt, 1 cup of all-purpose flour, and remaining ingredients. Stir until a soft dough forms.

**Step 3:** Turn dough out onto a lightly floured surface.

**Step 4:** Knead until smooth and elastic (8-10 minutes), adding all-purpose flour, 1 tablespoon at a time, to prevent the dough from sticking.

**Step 5:** Coat a large mixing bowl lightly with cooking spray. Place dough in and flip once. Cover with plastic wrap and let rise in a warm place for 30 minutes.

**Step 6:** Preheat oven to 450°F.

**Step 7:** Punch dough down, cover, and let rest 5 minutes.

**Step 8:** Roll dough into a 12-inch circle on a floured surface. Place onto a pizza stone or baking sheet.

**Step 9:** Top dough with your favorite toppings and cook until center is bubbly or crust is brown.

Recipe adapted from *Eat, Drink, and Be Healthy* by Walter C. Willet, M.D., Dr. P.H., Simon & Schuster Source, 2001.

**Nutrition facts per serving:** Calories 201, Fat 6 g, Saturated Fat <1 g, Monounsaturated Fat 4 g, Cholesterol 0 mg, Sodium 390 mg, Carbohydrates 31 g, Fiber 4 g, Protein 5 g.

## Pre- and Post Game Clean Up!

Preventing the spread of germs is an important role for a host. Luckily, Lysol® Disinfectant Spray helps kill 99.9% of illness-causing bacteria and viruses, and eliminates odors, mildew and mold. Available in different scents, Lysol® Disinfectant Spray is perfect for cleaning any surface you and your guests may come in contact with such as kitchen counters, light switches, door knobs and faucets.



[www.lysol.com](http://www.lysol.com)

# Healthful Snacking Tips!

It's often hard for children to meet their nutrient and food group goals in three meals. That's where snacks come in. Snacks are meant to help children meet both their nutrient and food group goals, rather than simply serving as a time for treats. So, think of them as nutrient "fill-in-the-blanks". When preparing your children's snacks, keep these two thoughts in mind:

- #1: Each snack should be a mixture of carbohydrates, fat and protein.
- #2: Fruits and vegetables should be a regular component, because they are often overlooked at regular meals.



## Nutrition Equation

Carbohydrates + Fat + Protein = Healthy Snacks!

- |  |   |  |  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li>• Apples Bites™</li> <li>• Sweet Pepper Slices</li> <li>• Carrot Sticks</li> <li>• Green Beans</li> <li>• Grapes</li> <li>• Bananas</li> <li>• Sweet Potato Sticks</li> <li>• Broccoli Florets</li> <li>• Oranges</li> <li>• Dried Fruits (raisins, cranberries, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Healthy Harvest™ Juice</li> <li>• 100% Juice</li> <li>• Graham Crackers</li> <li>• Whole Grain Crackers</li> <li>• Rice Cakes</li> <li>• Whole Grain Cereals</li> <li>• Granola Bars</li> <li>• Whole Grain Bread</li> <li>• Baked Tortillas</li> <li>• Pretzels</li> <li>• 100-Calorie Packs</li> </ul> | <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Pecans</li> <li>• Walnuts</li> <li>• Soy Nuts</li> <li>• Low-Fat Yogurt Dip</li> <li>• Low-Fat Dressing</li> </ul> | <ul style="list-style-type: none"> <li>• Fat Free Yogurt</li> <li>• Low-Fat Cheese*</li> <li>• Sorrento® Plus Mozzarella String Cheese*</li> <li>• Bean Dip* (hummus)</li> <li>• Milk – low-fat plain or flavored*</li> <li>• Pearl® Soymilk*</li> <li>• Peanut Butter*</li> </ul> |
|--|---|--|--|

\* Also a source of fat



## Little Y's Snack Ideas!

### "Apples in Mud"

- Carbohydrate: Crackers
- Fruit: Chiquita® Apple Bites™
- Fat & Protein: Peanut Butter

### "Trail Mix"

- Carbohydrate: Pretzels
- Fruit: Raisins^
- Fat & Protein: Almonds^

### "Creamy Tomato"

- Carbohydrate: Slice of Whole Wheat Toast
- Veggie: Sliced Tomato
- Fat & Protein: Strings of Sorrento® Plus Mozzarella Cheese

^ May be a choking hazard for younger children